



E-Connections with Healing Touch Canada, Inc.

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Did You Know?

There are various articles on the HBB website about HT & how it's being used worldwide click below

http://www.healingtouchinternational.org/?options=com_content&task=view&id=1088&Itemid=221



Healing Beyond Borders
Educating and Certifying the Healing Touch™

When we stop seeing the world as a "problem" to be solved, when instead we open our hearts to the mystery of our common suffering, we may find ourselves where we least expected to be: in a world transformed by love.

Philip Simmons Learning to Fall

Ava Zaritzky was incredibly inspired by the presenters at the HTI Conference & experienced a sense of wholeness, connection & profound love. Below is a sampling of a few of the speakers she heard that shared how they're bringing heart-centred work forward in the world.

Mimi Guarneri, MD is a Cardiologist who wrote the beautiful book *The Heart Speaks* (an amazing gift by the way!) She is brilliant & is doing remarkable work with the prevention of illness. mimiguarnerimd.com

Colonel Jill Chambers is an exemplary educator with the US Military, an advocate for a resiliency program for Veterans with PTSD, & a pioneer of the use of HT Intervention in Health Literacy. Jill's amazing husband Michael Peterson is a Country Music Icon & winner of the 2012

Dear fellow energy workers,

It seems that any type of change can initiate a sense of uncertainty & instability, potentially leading to stress. Take for instance the recent announcement of HT International's name change to Healing Beyond Borders. Many are wondering why it was done & how it affects the community.

The only things that have changed are the organization's name & logo. In essence, the curriculum taught, certification offered, & AHNA & CHNA endorsements remain the same. The modality is still called Healing Touch & Certified Practitioner & Instructor credentialing is the same - CHTP & CHTI.

The HBB Board of Directors believe that by taking *Healing Touch* out of the organization's name that it makes it easier for individuals to distinguish between the two Healing Touch educational offerings. **Healing Beyond Borders** offers the *Healing Beyond Borders Healing Touch Certificate Program* that leads to certification through HBB.

In response to our efforts to offer HT stories from our community, Ava Zaritzky, MSW, RSW, CHTP/I shares:

[The Journey of the Heart Chakra, From the Power of the Solar Plexus to the Magic of Unconditional Love](#)

When I found myself in the 1990 HT Level 1 Class in Toronto, ON with Janet Mentgen I knew little about the power of unconditional love. I knew a lot about conditional love however. As the 5th daughter of a 5 girl family growing up in Montreal, Quebec I learned strategies in order to please my sisters & our fiery French Canadian nanny so we could all get along! My most peaceful times were with animals, or in the forest across the street.

When Janet gently shared the information of subtle energy with us that weekend my life took on a new beginning, one that was based in unconditional love. I felt renewed & somewhat like a kindergarten child, discovering & uncovering new truths & purpose. The HT education was my focus as I practiced the theories & art of applying the skills of self-love, self-care & deep compassion for others that simply fed my soul & gave me a new *raison d'être*.

I truly devoured the training & in fact relished taking Levels 1 & 2 over & over, multiple times as a helper, & then as a coordinator - just to enjoy the gift of basking in the

Public Spirit Award for his exceptional community efforts with children. This powerhouse team is an example of unconditional love & is touching lives/hearts worldwide.

Christine Stevens, MSW, Music Therapist & author of *Music Medicine* did several group drumming & chanting sessions using ancient methods to renew the soul. I found them to be deeply healing.

E-Connections Suggestions:

- As you breathe in, gently fill your lungs from the base right to the top bringing your awareness to the sensations at the centre of the chest area. Get in the habit of being curious about how this area feels. When you're with someone you care about how does it feel? When you're intimidated by something what sensations are there? Use this as an alternative to habitual thinking. Whether you're worrying or rejoicing how does the heart feel? It will reveal itself when you listen.
- Check out *The Heart's Code* by Paul Pearsal & *Love is Letting Go Of Fear* by Jerry Jampolsky. Both are highly recommended by Ava



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Visit the HTAC website for membership details & other information.
www.htac-jm.org

April 23-26, 2015
HTAC Conference
Gabriola, BC

intimacy of group unconditional love. After completing all 5 levels the question of to teach or not to teach arose. Again I just somehow floated through the additional education, challenges, & personal work needed to grow. I found myself travelling to HT classes around the world & was able to sit in on Level 1 in places like Perth, Australia - falling in love as I did with all the students & Australia while I was at it.

Then life sent a curve ball so to speak. My Dad died suddenly while I was away. I hadn't seen him in 1½ years. I returned to Canada & more healing was necessary!



photo © A Mattos

This is my early beginning into the gift of the Heart Chakra, Healing Touch Style. While in Australia, in my youth & innocence, my heart felt expansive, free, & open to unlimited joy. Back in Canada that feeling was much tougher to capture in the midst of grieving & growing.

This was my experience years later with the various changes in HT after Janet's death as well. There seemed to be years of sadness, upset at the changes & grief that Janet with all her vision was gone. My direction seemed lost with Healing Touch & I pulled inward, away from the unrest, leaving HT for several years. My beautiful & inspirational Mom also made her transition during that time & I was aware of how grateful I felt for having the tools of HT to get through her slow & agonizing journey to death.

This tale ends sweetly. I feel like I've come home again. I felt compelled to attend the HT International Conference in Denver in Oct 2013 as I was planning a Level 1 class later that month in my new home in Collingwood, ON. New friendships were made & old relationships deepened. I was so very moved by the incredible presenters who connected through the heart! So in closing, let me thank you for walking this journey in time with me. I treasure the gift of HT work & thank Myra Tovey for her role in having Brugh Joy's heart centered focus included in the curriculum. Unconditional love is the answer for my questions.

Please consider bringing your heart to the Conferences & to the group energy of worldwide loving! Your open heart is needed to join with those of us who choose to raise our vibrations & create a more peaceful, unconditionally loving world. XXOO Ava

Angela Mattos, CHTP
on behalf of HT Canada, Inc.

We welcome your feedback & HT news or stories. If you have questions about HT send them to HTCanada@healingtouchcanada.net & we'll get them answered.

To unsubscribe email HTCanada@healingtouchcanada.net & put UNSUBSCRIBE in the subject line. (We'd also appreciate any constructive criticism you'd like to share.)